

\$2B

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DAY FUND TO
BALANCE
BUDGET
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Halifax metro

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Your essential daily news | WEDNESDAY, APRIL 22, 2015

High 6°C/Low 0°C Soaker



Moose fought the good fight

Moose forward Vincent Watt skates away as the Wildcats celebrate a Game 7 goal on Tuesday. Moncton won 6-3 to end the Herd's season. See **metroSPORTS**. MARC GRANDMAISON/FOR METRO

Taxi drivers have their say

LICENSING

Changes would add accessible cabs but maybe not everywhere

Lucie Edwardson
For Metro | Halifax

Hundreds of taxi and limousine drivers, cab company owners and members of the public gathered Tuesday night to voice their opinions and concerns about proposed changes to the industry in Halifax.

The changes would discontinue conventional taxi licences, eliminating a waiting list of more than 600, and make all licences issued in the future for accessible taxis only.

Dave Buffett, president of the Halifax Taxi Drivers Association,

said if the changes go through, the city won't see a decrease in the number of taxis there are now, but the city would see an exponential increase in the number of accessible taxis.

But he said this isn't going to fix the problems currently faced by the industry.

Buffett said the problem is that accessible taxis don't have the same zoning restrictions as other taxis in HRM, which are restricted to one of three zones.

"It really is important to us that there be accessible cabs in all of the zones for persons with disabilities," he said. "But with the current regulations, it seems as though 43 out of the 46 accessible cab drivers are staying in Halifax."

Pat Gates, who has both a mobility and visual disability, told the crowd at the Halifax Multipurpose Centre that right now the current system isn't working for those who need

“

Thirteen years I've been waiting, and now you are telling me and everybody else, 'Too bad, see you later.'

Would-be taxi driver
Paul Church

accessible cabs.

"Why is it when a person calls an accessible cab they have to wait over an hour?" she asked.

Angie Herman, an owner of Casino Taxi, said the cost of purchasing and maintaining an accessible taxi is exponentially higher than that of a conventional taxi.

"In being accessible for one group, you are no longer being accessible to others," she said.



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Loretta Saunders' mother breaks down outside court

TRIAL

Jury chosen in murder case with two on trial



Haley Ryan
Metro | Halifax

The mother of Loretta Saunders clutched her head and screamed outside court after the final jury was selected in her daughter's murder trial.

On Tuesday, nine more people were selected for the jury panel of 14 in the first-degree murder trial where Blake Leggette and Victoria Henneberry stand accused in Saunders' death.

Saunders, a 26-year-old Inuk woman from Labrador



Loretta Saunders. CONTRIBUTED

+ INSTRUCTIONS

Justice Josh Arnold is set to give instructions to the jury on their task ahead Wednesday afternoon when court resumes at 2 p.m. Opening statements are expected after that.

and a Saint Mary's University student, was found dead after a two-week search last February, in a wooded area off a New Brunswick highway.

"I want justice for my daughter," Miriam Saunders, Loretta's mother, told reporters Tuesday afternoon in Nova Scotia Supreme Court in Halifax, as husband Clayton Saunders put his arm around her.

She also said she hopes for prayers and support from the public during the upcoming trial.

After the jury of four women and 10 men was selected, Miriam stepped outside court and clutched her head in her hands. She screamed and ran into the washroom in tears.

Delilah Terriak, Loretta's



"I want justice for my daughter."

Miriam Saunders



Family and friends of Loretta Saunders head into the courtroom at Halifax Supreme Court on Tuesday. Saunders, a 26-year-old Inuk woman from Labrador and a Saint Mary's University student, was found dead in a wooded area off a New Brunswick highway. JEFF HARPER/METRO

sister, was also watching the proceedings.

Leggette and Henneberry sat beside their lawyers during the day in court and stared straight ahead when not talking to their counsel, with sheriffs separating the two.

The jury was finally chosen just before 3 p.m., nearly two full days after the trial began Monday morning.

One of the Crown attorneys, Sean McCarroll, said two

days were more than he had expected for the selection.

"But that's what it took," he said, adding he and fellow Crown attorney Christine Driscoll were happy with the outcome.

McCarroll said he couldn't get into the full list of witnesses the Crown intends to call or when they would appear since things evolve as the trial goes on, but Driscoll said they have 20 to

30 people on their list.

"We're going to try to chronologically follow what happened to the best of our ability," Driscoll said about the order of witnesses called.

"Tomorrow you can expect to be hearing from some police and some civilians."

Although Miriam Saunders was previously on the witness list, Driscoll confirmed Tuesday she is no longer expected to be called.

ECONOMY

Premier mixed on budget

Nova Scotia's premier offered a mixed reaction to Tuesday's federal budget, saying there were no great surprises for his province.

Stephen McNeil said he was pleased the budget re-committed to the national shipbuilding procurement contract and infrastructure spending, but disappointed there wasn't more support for immigration.

"We were hoping they would allow that file to be handled more by provinces and allowing each province to respond to its own unique needs when it comes to its population challenges," said McNeil.

As for infrastructure, he said it won't hurt the province that the money won't kick in for another two years.

The budget says the first \$750 million will be spread over two years, with a billion dollars spent annually after that.

McNeil said there is money for roads and buildings under the current federal program, which is winding down.

But he said his government would likely take a hit from the increase to the tax-free savings accounts.

"It's good for Canadians, but there would be an adjustment for us too on the tax side," he said.

McNeil said it would take a few days before his government would know what effect the change would have on its bottom line.

THE CANADIAN PRESS

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LOST AND FOUND

Police seek owner of scattered cash

Police are looking for the owner of some lost cash after it was turned in by a woman who found it scattered at a Dartmouth intersection.

The woman was out for a walk and found the money at 11:30 a.m. Monday at the intersection of Laurier Street and Woodland Avenue.

She picked it up and contacted police, who have so far been unable to find the owner.

In order to claim the money, police say the owner must contact them, be able to specify

the amount and give the denominations.

Halifax Regional Police spokesman Const. Pierre Bourdages said that "it's a significant amount of money" that was found, but would say only that it was under \$1,000.

Bourdages also praised the woman who found the money and contacted them.

"People are good. They turn this stuff in," he said.

"People are doing right thing."

PHILIP CROUCHER/METRO



A "significant amount of money" was found at the intersection of Laurier and Woodland on Monday morning. COLOURBOX.COM

CAMBRIDGE

Online threat locks down high school

Students at a Nova Scotia high school were put under a lockdown on Tuesday.

Technically, the school was under a "hold and secure" order — which meant the school's doors were locked, but classes proceed as normal.

According to the Annapolis Valley School Board, RCMP requested Central Kings Rural High School in Cambridge be placed under hold and secure while police "investigate a possible external threat made via social media against a particular student."

New Minas RCMP confirmed

750

The number of students from Grade 6 to 12 that attend Central Kings Rural High School.

there is an investigation underway and issued a release on Tuesday afternoon saying that its investigation is continuing and there will be an ongoing police presence at the school.

KINGS COUNTY REGISTER

IN BRIEF

Developer plans to build new hotel in Kings County
Bedford-based developer Glenn Squires plans to build an American-style Red Roof Inn between Wolfville and Kentville by 2016.

Squires said he hopes the development will include an indoor pool and a restaurant operated by a national chain. He says he sees a void in the realm of economy hotels in the Kings County area.

Currently, Squires is in

negotiation with two or three landowners. He said he would like to build the hotel adjacent to an exit on Highway 101 so it will be highly visible.

He also hopes to have a site within the next four to six weeks. Squires was developer of the Super 8 hotel in Windsor; he said he utilized a Cushman Wakefield study to make the case for an investment in eastern Kings County.

KINGS COUNTY REGISTER



RCMP Insp. Glenn Lambe discusses activities of a drug ring attempting to import cocaine into Nova Scotia. STEPHANIE TAYLOR/METRO

200 kilos of cocaine seized in RCMP bust

CRIME

Nova Scotians among the 15 charged after two-year probe



Stephanie Taylor
Metro | Halifax

Three people from Halifax have been charged in connection with an international drug trafficking ring that RCMP have said is the largest seen in years.

On Tuesday, RCMP in Nova Scotia announced that a two-year drug investigation dubbed Operation Harrington had resulted in more than 40 charges against 15 people.

Investigators allege the accused were conspiring to import cocaine from South America into Nova Scotia.

"As a criminal operations officer of Nova Scotia, I can tell

PEOPLE WITH N.S. TIES FACING CHARGES

Gary Christopher Meister, 60, Bedford: Two counts of conspiracy to import cocaine, two counts of conspiracy to traffic cocaine.

Delbert William Meister, 69, Halifax: Two counts of conspiracy to import cocaine, two counts of conspiracy to traffic cocaine.

Stephen Alexander Fleming, 33, Halifax: One count of conspiracy to import cocaine, one count of conspiracy to traffic cocaine.

Darlene Margaret Richards, 54, Greenwood: Two counts of conspiracy to import cocaine, two counts of conspiracy to traffic cocaine.

you it is not often that a file of this magnitude and complexity occurs," Chief Supt. Marlene Snowman told reporters during a news conference Tuesday.

Snowman explained the investigation began in the spring of 2013 after police learned that an individual was attempting to import cocaine from South America through Nova Scotia, and then on to the Toronto and Montreal areas.

Over the course of two years,

investigators uncovered eight different conspiracies to traffic cocaine into Canada from numerous countries, including Antigua, Brazil, Colombia, Guyana and the United States.

RCMP Deputy Commissioner Mike Cabana said they partnered with national and international police agencies throughout the operation, including five Canadian RCMP organized-crime units, as well as the U.S. Drug Enforcement

Agency and the Royal Bahamas Police Force.

"The magnitude of the people that would have actually worked on this file over the last two years has been enormous," Snowman said, adding that about 100 Mounties were working on the case at any given time.

As a result, investigators say, they have seized more than 200 kilograms of cocaine in addition to vehicles, firearms, cash and drug paraphernalia. Officers wouldn't speculate on the monetary value or amount of items seized.

In the past three days, 15 Canadians have also been charged, nine of whom have been arrested and six whom have yet to be found.

Cabana said of the four people from Nova Scotia charged, one worked for the Canadian Coast Guard and one for the Department of National Defence, although he would not give their names.

CLAYTON PARK

Funeral urn, artwork stolen from car

Halifax police are asking the public to help return a stolen funeral urn to its owner.

A release from Halifax Regional Police states the urn was stolen from a car on Sumac Lane in Clayton Park on April 17.

The vehicle's owner told po-

lice she had returned home to find someone had broken into her vehicle between 11 a.m. and 10:30 p.m. while the car was parked in the driveway.

Several items were stolen from the car, including the urn — which contained a family member's ashes — and

a framed piece of art.

The urn is described as greyish-blue and about 10 inches high by four inches wide.

The artwork is described as a pen-and-ink multimedia Chinese painting, about 30 by 14 inches, with a grey metal frame and white matting. METRO

INFORMATION

Anyone with information about the break-in or the stolen items is asked to contact police or Crime Stoppers.



The Halifax Infirmary, part of the QEII Health Sciences Centre. JEFF HARPER/METRO

HEALTH

More surgeries cancelled at QEII

An estimated 80 surgeries will be postponed at the Queen Elizabeth II Health Sciences Centre on Wednesday because of a challenge ensuring the sterilization of all equipment.

The Nova Scotia Health Authority initially cancelled non-urgent surgeries on Monday, but a spokesman said Tuesday the cancellations would continue as the health authority awaits test results on a "fine black debris" found in some surgical kits.

"We don't know exactly what the debris is; we're waiting for tests," said Everton McLean. "It should be late today that we get those."

McLean said about half of all surgeries at walk-in clinics will also be cancelled on Wednesday as a result of the problem.

Patients whose surgeries are postponed are being notified by telephone.

McLean said further updates would be provided as information becomes available, noting that officials are making decisions about surgeries on a daily basis. METRO

Passengers sue for \$12M

STANFIELD INTERNATIONAL

Airline among those named in lawsuit over plane crash

A class-action lawsuit has been filed over last month's plane crash at the Halifax airport, alleging that passengers suffered physical and psychological injuries as a result, a law firm said Tuesday.

The statement of claim from MacGillivray Injury and Insurance Law names Air Canada, Nav Canada, the Halifax International Airport Authority and an unnamed captain and first officer as defendants.

It seeks \$12 million in damages for physical and psychological injuries including anxiety, depression, post-traumatic stress disorder and insomnia that it alleges stem from the March 29 crash.

"These injuries and impairments have been accompanied by pain, suffering, and a loss of enjoyment of life," says the document filed with the Nova Scotia Supreme Court.

None of the allegations contained in the lawsuit have been proven in court.

Air Canada, the Halifax International Airport Authority and Nav Canada all said they could not comment Tuesday as the matter is before the courts.

The lawsuit makes a number of claims including that the airport kept the runway open when it knew or should have known that was not reasonably safe and that the run-



Transportation Safety Board investigators and airport firefighters work at the crash site of Air Canada AC624 at Stanfield International Airport in Halifax on March 30. The crash happened during a snowstorm on March 29. THE CANADIAN PRESS

way was operating with an inadequate instrument landing system.

It alleges Nav Canada instructed the flight crew of Air Canada Flight 624 to land when it knew or should have known that conditions were unsafe and that it failed to advise the flight crew that the aircraft's speed, rate and angle of des-

cent would result in a crash.

The document also alleges that Air Canada failed to ensure passengers were reasonably safe and that the captain and officer failed to take reasonable care to avoid the crash.

The Airbus A320 was flying from Toronto when it hit an antenna array, slammed into the ground about 335

metres short of the runway and then skidded for another 335 metres before stopping.

All 133 passengers and five crew on board survived, although about two dozen people were sent to hospital.

The statement of claim says after the plane was evacuated, the passengers were left standing on the runway for about

50 minute in the cold, wind and snow, before being picked up by airport officials.

The Transportation Safety Board is investigating.

MacGillivray Injury and Insurance Law said it is also filing a lawsuit that names 20 individual clients in case the class-action is not certified.

THE CANADIAN PRESS

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One-woman show looks at private Pierre Trudeau

THEATRE

Performance tells story of unlikely friendship

Julia Manoukian
For Metro | Halifax

The night Brooke Johnson met Pierre Elliott Trudeau, she felt a little out of her element.

Johnson, a 23-year-old acting student at the time, now says her tomboy awkwardness helped “break the ice” with the 65-year-old prime minister, who was an honorary guest at the National Theatre School in Montreal.

Now, 30 years later, Johnson is absolutely in her element. Her performance of *Trudeau Stories* received national attention after its debut at Toronto's Summerworks Theatre Festival in 2007.

Since then, she's performed approximately 175 times at 35 venues across the country.

Trudeau Stories, a personal narrative of her unlikely friend-



Brooke Johnson works through a scene from her play *Trudeau Stories*, which runs from April 21 until May 3 at Neptune's Scotiabank Theatre. JEFF HARPER/METRO

ship with the late politician, is now running at Neptune's Scotiabank Studio stage and opened Tuesday night.

“What the play is about is how we can cross perceived boundaries,” said Johnson. “We put ourselves into boxes and

think, ‘Oh, I can't approach that person because their status is completely different than mine. We don't belong together.’”

“I feel sometimes he's actually on the stage, too.”

Brooke Johnson

Despite some portrayals of Trudeau as “outgoing, arrogant and brash,” Johnson said that in her experience he was “very shy and very private,” which, she noted, is tough to play.

“I feel like I'm doing that cliché Trudeau, but in fact he's inside. People you love or you know, your dear friends, you feel them inside ... and that's how I bring him out on stage.

The set is simple: an armchair and a rug. Johnson wears the same clothes — a blouse and jeans — throughout the performance.

The biggest challenge in putting on a one-woman show?

“The cast parties are really boring,” Johnson said with a laugh. “There's nobody to go out with afterwards.”

She encourages audience members to come up after the show and share their stories about Trudeau.

The show ends May 3.

ENTERTAINMENT

Comedy Fest set to launch

Maybe a few good belly laughs can chase away our winter blues.

The Halifax Comedy Fest will launch with a sold-out gala at Casino Nova Scotia's Schooner Room on Wednesday evening. Mike Delamont will play host for the evening, which will feature appearances by Nikki Payne, Jeff McEnery and Harland Williams. Well-known comics Caroline Rhea, Mark Critch, Tim Nutt and Erica Sigurdson are also among the more than 30 comics that will grace at least 13 stages across the city before the event wraps up Saturday.

The Comedy Fest originally began as an Atlantic Canadian event in 1995, showcasing the talent of local performers in clubs and bars in Halifax. Twenty years later, the festival has grown to include performers from across North America along with international headlining artists across multiple venues around the city. Tickets are available online at halifax-comedyfest.ca. METRO

IN BRIEF

New board would approve aquaculture operations

An independent three-member review board would be responsible for approving new aquaculture operations in Nova Scotia under legislation introduced by the provincial government.

Fisheries Minister Keith Colwell says the board would make decisions on leases and licences after public hearings. Colwell also says responsibility for enforcing environmental rules would be transferred to the Environment Department. THE CANADIAN PRESS

MUSIC

Dean Brody, Paul Brandt bring country to Scotiabank Centre

Country-music fans in Halifax will have a chance to see Dean Brody and Paul Brandt perform at the Scotiabank Centre this fall.

On Tuesday, promoter Sonic Entertainment Group an-

nounced the pair, along with special guest Whitney Rose, will make a stop in Halifax as part of their Roadtrip tour along the East Coast.

The trio will play in Moncton on Oct. 21 and Saint John, N.B.,

on Oct. 23 before appearing in Halifax on Oct. 24.

Tickets go on sale at 10 a.m. this Friday at the Ticket Atlantic box office. Prices range from between \$51.50 and \$61.50.

METRO



Dean Brody will stop here as part of an East Coast tour. METRO FILE

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Sarah Warford and her dog Pippy at her home on Tuesday. Warford and Pippy are the brains behind DogRunnin, a fitness service that caters to dogs and, of course, their humans. JEFF HARPER/METRO

Boot camp for you and your pup

ANIMAL HEALTH

DogRunnin designs workouts fit for a canine

Julia Manoukian
For Metro | Halifax

Sarah Warford wants to limit her running to 75 kilometres a week. But with a partner that can keep up, it's not so easy.

That partner is a 2-1/2-year-old Husky Shepherd mix

named Pippy, otherwise known as "the hipster pipster." "He likes kale," explained Warford.

Warford and Pippy are the muscle behind DogRunnin, Halifax's first specialty canine fitness service.

The new program — to be unleashed this summer — will offer trail running, early-morning boot camp, a couch-to-5K-program and introduction to Bikejoring, which is a mashup between mushing and mountain biking that "borders on extreme sports."

The summer program will run mid-May to September.

"In order for us to offer a

really great well-rounded service, we want to get a sense of who the dog is and what the owner's goals are," Warford said.

Dogs are assessed based on temperament, compatibility with other dogs, medical history and behavioural history.

Some dogs, for example, are more social than others.

Canicross, running with your dog, is popular for smaller dogs.

"We are really proud of the fact that we are able to offer a really wide range of services, and because we have a really deep staff, we're able to find something that works for every dog," said Warford.

Warford said she's never

turned down a dog.

"Every dog starts somewhere. So it doesn't really matter," she said, noting it's easier to work with dogs that have some form of obedience training.

At the end of the summer, DogRunnin will celebrate its second anniversary.

Warford, who's been a runner her whole life, said she just started working full-time a little over a year ago. She now has eight employees.

"It's been incredibly successful," she said. "I've been blown away from the reception that we've had."

Her team takes out clients seven days a week, starting

+ OFFERINGS

Pet fitness unleashed

- Strength class: Early morning bootcamp.
- Learn to run: Couch-to-5K program.
- Bikejoring: Introduction.
- Canicross club: Weekly group runs.
- Trail running club: On- or off-leash trail running.

runs at 7 a.m. and ending around 7 p.m.

"We want to make sure that whatever services we provide for the dog it's going to be a positive experience for them."



We are really proud of the fact that we are able to offer a really wide range of services, and because we have a really deep staff, we're able to find something that works for every dog.

Sarah Warford

INFRASTRUCTURE

Maintenance teams 'mobilized' for post-winter street repairs

City crews are now "fully mobilized" to clean up Halifax streets after a harsh winter.

A news release issued by HRM Tuesday states that repair efforts are now ramping up on pothole repairs, street patching, and the repainting of pavement markings.

The release states that the city's hot-asphalt plant is now in operation and that, in combination with warmer temperatures, will allow the capacity for pothole patching to double to 300 a day for the next few weeks.

"The first priority is to ad-

dress potholes on main arterial routes, in addition to monitoring residential side streets across the region to identify and address problematic areas," says the release, adding that patching and repair of potholes is a year-round effort.

Work will also begin in the

next few weeks to patch sections of the city's main arterials where winter damage has caused significant "cracking or buckling."

Early May is also the launch of the annual pavement marking program. The release states that repainting of pavement

markings will begin in the downtown core and then move into other parts of the region over the summer and into fall.

"The majority of painting on busy streets is performed during the overnight hours to minimize traffic disruption," states the release. METRO

+ POTHOLES?

Request forms online

You can find the online service request for potholes in Halifax by visiting apps.halifax.ca/311.

EMPLOYMENT

Immigrant concerns addressed

Two long-standing concerns among immigrants to Canada were addressed Tuesday in the federal budget, one about how they can do better here and another about how they can better help their families back home.

The budget announced that a pilot program launched three years ago to help internationally-trained people get their skills up to Canadian standards via small loans will become permanent in a bid to get newcomers better jobs. At the same time, the budget announced the government also wants to help immigrants have safer, more reliable ways to send income from those jobs to their home countries.

The loan program dates back to the 2011 election campaign, when the Conservatives promised to do more to help internationally trained workers find jobs in their field. An often-cited problem was the fact that many immigrants didn't have the financial means to take the exams or courses required by Canadian regulations and lacked credit history to get bank loans to cover the costs.

The government said that in the first two years, nearly 1,500 loans worth \$9 million were given out. THE CANADIAN PRESS

+ PROGRAM

- An additional \$35 million has now been set aside for future loans over the next five years.
- An estimated 24 per cent of foreign-educated immigrants work in regulated professions for which they were trained, compared to 62 per cent of the Canadian-born population, according to the Social Research and Demonstration Corporation.



Finance Minister Joe Oliver delivers the federal budget Tuesday in the House of Commons. Oliver faced questions about his decision to reduce the emergency reserve, designed for unforeseen events like natural disasters. ADRIAN WYLD/THE CANADIAN PRESS

Budget surplus uses contingency reserve

POLITICS

Feds take \$2B from rainy-day fund to help balance books

The Harper government lived up to its promise Tuesday to eliminate the deficit, making use of billions of dollars in balance-sheet tweaks designed to cushion the blow of the oil-price shock.

Finance Minister Joe Oliver delivered a federal budget that boasted a narrow \$1.4-billion surplus for 2015-16, scoring a politically critical goal just six months before a scheduled election in October.

The toughest stretch of Oli-

ver's quest to guide the books back into the black began in November, around the time he rolled out a fiscal update that projected a meagre \$1.9-billion surplus — slimmed down due to sliding crude prices. The surplus estimate shrunk to \$1.6 billion days later following an infrastructure announcement.

That was right before oil prices fell off the cliff, forcing Oliver to postpone the budget so he could assess the impact.

To arrive at a surplus Tuesday, Oliver had to take the unusual step of draining \$2 billion out of the budget's \$3-billion rainy-day reserve, a cushion designed for unforeseeable events like natural disasters.

That adjustment was combined with several additional changes since oil started its



It's not something you tap into on budget day because you're missing a couple of billion dollars.

NDP Leader Tom Mulcair talks about the use of the contingency reserve to balance the budget.

swing from \$81US a barrel in November, to under \$50US mid-winter, before climbing back up to about \$55US.

Since November, another \$1 billion was applied to the bottom line from the sale of the government's remaining stake in General Motors, which generated a total net gain of \$2.1 billion.

The budget also projected an additional \$900-million net increase in revenue for 2015-16 based on changes the government hopes to make to public-

sector disability and sick leave plans — even though negotiations are still ongoing. The finance minister said this element was "in accordance with federal accounting principles."

Oliver's blueprint also predicted an extra \$3 billion, thanks to lower interest rates.

On top of that, the government received a \$3.4-billion boost thanks to a surplus in the employment insurance account created by the buildup of premiums.

But Oliver faced the most

\$750M

\$750 million over two years, starting in 2017-18, plus \$1 billion a year thereafter, has been committed to a fund to promote investment in public transit systems.

\$10K

The annual contribution limit to tax-free savings accounts increases to \$10,000 from \$5,500, effective this year.

\$11.8M

The Canadian military will receive \$11.8 billion over 10 years, in an increase to the baseline defence appropriation, beginning in the 2017-18 fiscal year.

\$292.6M

The RCMP and Canada's spy and border agencies get a total \$292.6-million over five years, providing additional resources for each agency to fight terrorism.

questions about his decision to reduce the contingency reserve. He argued such a big reserve was not needed because the government had balanced the books.

The budget projected revenues to drop by \$6 billion in 2015-16, \$7.1 billion in 2016-17 and about \$6.5 billion annually between 2017-18 and 2019-20.

NDP Leader Tom Mulcair said the government's use of the contingency reserve to balance the budget was "a bit of economic sleight of hand."

THE CANADIAN PRESS



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The real meaning of poverty

CHALLENGE DAY 2

Metro reporter reflects on what the poor endure day in, day out



Gilbert Ngabo
Metro | Toronto

As I was fixing myself a quick dinner the other night, deep thoughts about poverty started flowing through my mind.

Not the kind of poverty I'm experiencing with the Live Below the Line challenge, but real poverty — the kind that does more than just affect the food you buy and how much of it you eat.

While pulling ingredients from my refrigerator, it suddenly occurred to me that many of the 1.2 billion people living in extreme poverty don't even have the luxury of a cool, safe place to store the groceries they can afford.

There's warm water available in my kitchen sink, which allows me to wash the food I'm about to eat.

There's electricity that powers my kitchen light and stove, both of which are switched on as I chop a tomato and onions to make mushroom soup that I will mix with beans and puree. It also means I can use a microwave to warm up my pita bread.

But somewhere in a sub-Saharan African village — where most of the people living on the poverty line are located, according to various World Bank reports on poverty — a mother trying to put food on the table for her kids doesn't have the same comfort.

She may have spent an entire day working the fields of the rich to earn money that allows her kids to attend school. Whatever is left of that money, she'll likely use to buy a meager

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just \$1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 2 of 5, Gilbert Ngabo contemplates what it really means to be poor.

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

portion of food. When it's time to cook dinner, she'll first have to find firewood, which can be a difficult chore.

If, by any chance, some food is left over after dinner, she won't have a place to keep it. By the next morning, it will be inedible.

While that may be a picture from miles away, poverty isn't any different here.

Halfway through my dinner, I remembered a man I once met in downtown Toronto.

It was around Christmastime, and I was helping a friend deliver food that served as gifts to homeless people living on the street.

The man unwrapped his hand from a blanket to receive his package as I wished him a Merry Christmas.

Looking me straight in the eyes, he thanked me and quickly asked where I was from (he must have detected my thick accent). He then told me he'd heard a lot of bad things about my home



Reporter Gilbert Ngabo eats a lunch of cheese cubes and leftover soup, in the Metro News kitchen. LIZ BEDDALL/METRO

GROCERIES

Convenience at a premium

Convenience is costly. The same cheese from different food stores, one in a more convenient area, cost about three times more.

1 The Havarti cheese Gilbert bought at a downtown Toronto No Frills cost less than \$2.

2 The same cheese cost \$5.49 at the Kitchen Table across from the Metro News office, where Gilbert works.



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CANADA

Death worth the risk: Sri Lankan migrant

A young Sri Lankan man crammed into the cargo hold of a ship with nearly 500 others had only one thing on his mind — getting to the promised land called Canada.

Nearly five years after the vessel arrived in British Columbia, the refugee claimant says he understands the plight of hundreds of migrants who have died in the Mediterranean Sea since

April 13. The man, whose identity is protected by a publication ban, says he paid a smuggler in Thailand to board a ship full of men, women and children who feared they might drown during a violent storm.

He says the risk of dying at sea was worth it for a shot at freedom, and it's the same chance that migrants heading from Africa to Europe are taking. THE CANADIAN PRESS

LIBYA

Militants profit from human trafficking

Libya's chaos has spurred human trafficking, a spokesman for the country's internationally recognized government said Tuesday, urging the world community to help his administration gain control of the rest of the country.

The appeal comes as violence in Libya surges and more and more crowded refugee rafts head to Europe, many of which have capsized, leaving hundreds

feared dead. Libya has two rival governments, each claiming legitimacy as their allied militias fight across the country.

The smuggling of migrants to Europe via Libya generates massive amounts of illicit money, some of which ends up in the hands of militant groups, Hatem al-Arabi said in an interview in the eastern city of Bayda.

THE ASSOCIATED PRESS



Rescuers help children to disembark Monday in the Sicilian harbour of Pozzallo, Italy. About 100 migrants, including 28 children, were rescued on Sunday by a merchant vessel in the Sicilian Strait while they were trying to cross.

ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

Smuggler rams ship: Survivors

MIGRANT CRISIS

At least 800 perished: Witnesses

A ship with experience plucking migrants from unseaworthy smugglers' boats had arrived soon after the distress call went out. But then the fishing trawler's navigator allegedly made a manoeuvre that would seal the fate of the 850 people crammed inside: Instead of easing up alongside the merchant ship, he is alleged to have rammed it.

Relief gave way to panic. Terrified migrants rushed to one side, the trawler seized and capsized. What might have been another rescue in a period of unprecedented migrant crossings instead turned into a horrifying statistic: The deadliest shipwreck ever in the Mediterranean Sea.

The accounts of survivors who arrived early Tuesday in the port of Catania, Sicily 48 hours after the disaster offered new details of the tragedy. The traumatized witnesses corroborated a death toll of at least 800, making the capsizing "the deadliest incident in the Mediterranean that we have



A mugshot released by Italian Police in Catania, Italy, Tuesday, shows Mohammed Ali Malek. He was taken into custody on suspicion of being captain of the smuggler's boat. THE ASSOCIATED PRESS

ever recorded," the UN refugee agency said.

Just 28 migrants, all men and boys in their teens, survived. And despite the enormous toll, only 24 bodies were recovered.

Aid agencies were quick to issue another warning: At the current pace, 2015 is set to be the deadliest year on record for migrants making the perilous crossing as they flee war, repression and poverty in the Middle East and Africa.

THE ASSOCIATED PRESS

+ BACKGROUND

Deaths

So far this year, 1,776 have died making the crossing, according to the UN refugee agency, which estimates that 219,000 attempted the voyage in 2014.

Sarah Tyler, a spokeswoman for Save the Children in Catania, Sicily, said "that is almost as many as died in the Titanic, and 31 times the

number who died when the Costa Concordia sank."

The International Organization for Migration said the rate of migrant deaths in the Mediterranean this year is far higher than in 2014, when a total of 3,279 migrants died. That, in turn, was much higher than in 2013, when around 700 people died, the agency said. THE ASSOCIATED PRESS

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EARTH DAY

Shedding light on energy-efficient bulbs



Jessica Smith Cross
Metro | Toronto

If you plan to celebrate Earth Day by buying energy-efficient light bulbs, there are a few things you need to know.

These are both the best of times and the worst of times in lighting because there are so many different, available options for energy-friendly bulbs, but many of them aren't any good, said interior designer Janice Lindsay.

The problem with many new energy-efficient bulbs is they produce a cool, bluish light that Lindsay said not only makes your colours look awful — they're unpleasant enough to be "psychologically damaging."

The first and most important thing to look for is the correlated colour temperature (CCT) which tells you how cool or warm the light is, she said.

If the CCT isn't specified on the box, don't buy the bulb, she said. For a normal homey look, choose 2700K. A cooler, contemporary look is 3000K, but don't go any higher or you'll get the sterile hospital look, she said.

Next, check the colour rendering index (CRI) which indicates how close the light produced is to natural light. It should be between 80 and

100, she said. A bad CRI will also skew your colour scheme.

If you're doing more work than just replacing your bulbs, you should consider lighting from the beginning and wire your home appropriately, considering what you need to light and setting up switches, with dimmers, for every area, she said.

That way, you can choose different levels of light for different purposes and only turn on what you need. Leaving the lights you don't need off and dimming the lights you do use to the right level will save energy, and money.

QUICK TIPS

WHAT TO LOOK FOR

When Earth Day comes around, we all want to do our part to benefit the environment.

One solution is to buy energy-efficient light bulbs. When doing so, keep an eye out for the CCT count, which tells you how warm or cool the emitted light will be.

Also note the CRI, which tells you how close the light is to natural light. This should be between 80 and 100. METRO

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Twitter says its new policies will help the company police online harassment in a variety of contexts for users of the service.

MARK LENNIHAN/THE ASSOCIATED PRESS FILE PHOTO

Twitter policy shift targets online abuse

SOCIAL MEDIA

Support team can now lock accounts over violent threats

After facing criticism over its failure to combat abusive content, Twitter has announced some changes that it hopes will make it easier to deal with negative messages.

In a blog post by Shreyas Doshi, director of product management, the company unveiled two changes to its policy: expanding the scope of its "violent threats policy" and giving more power to its support team to lock out an account for a period of time.

"We are updating our violent threats policy so that the prohibition is not limited to 'dir-

ect, specific threats of violence against others' but now extends to 'threats of violence against others or promoting violence against others.' Our previous policy was unduly narrow and limited our ability to act on certain kinds of threatening behaviour," wrote Doshi.

In terms of enforcement, Twitter's safety team can also now lock accounts for a specific period of time and give offending users options on how they may return to the service, such as deleting content or verifying a phone number to get back on the service.

"This option gives us leverage



We suck at dealing with abuse and trolls.

Twitter CEO Dick Costolo, in a 2014 company memo.

in a variety of contexts, particularly where multiple users begin harassing a particular person or group of people," wrote Doshi.

As well, the blog post mentions testing a new automated feature that aims to help find suspected abusive tweets by

looking at a number of factors, including having similar content to a tweet that the company's safety team has previously determined to be abusive.

These changes have likely been in the works for a while, as last year CEO Dick Costolo wrote in a leaked internal memo: "We suck at dealing with abuse and trolls on the platform and we've sucked at it for years. It's no secret and the rest of the world talks about it every day. We lose core user after core user by not addressing simple trolling issues that they face every day."

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ROSEMARY WESTWOOD

metroview

Small-town papers require force of will

It's easy to dismiss community journalism as a glorified newsletter. It's not.

It's a source, just like dominant media outlets, of reporting excellence.

That's been proven this week by a small-town paper in the U.S. that won a Pulitzer Prize for uncovering widespread corruption in a Los Angeles-area school district. The little-known Daily Breeze beat out the likes of the Chicago Tribune for the award.

That excellence is also in the work of Steve Bonspiel of Kahnawake, Que., population 8,000, and his newspaper The Eastern Door. Five years ago, the paper exposed a controversial plan by the local Mohawk council to evict non-native people — work that earned the paper the prestigious Michener Award and international praise.

The plan was abandoned, but tensions have continued in Kahnawake, and The Eastern Door has doggedly reported on them.

"People have taken it upon themselves to try and enforce the spirit of what they call Mohawk Law," where only native people live in the community, Bonspiel said. It's having a dramatic impact on the readers of The Eastern Door, even if the rest of the world has stopped paying attention.

"I don't think community newspapers get their due," Bonspiel told me. He's right.

Until yesterday, I'd never heard of the Daily Breeze. But

I had heard of the latest CBC job cuts, which will impact small communities across the country. I had heard of two community papers closing in B.C. I know all about the falling revenue of major media companies, shrinking staff and rising pressure to pump out stories.

Investigative, long-term work, like that of the Daily Breeze and The Eastern Door, isn't economical. It takes time. It takes money. But it is crucial to communities large and small. And in many of the country's 1,000 community newspapers, it's kept alive by sheer force of will.

"You don't get into this job to make money, that's for sure," Bonspiel said. Nowhere is that more true than in community journalism, where salaries, by the estimates of Ottawa-based community newspaperman Joe Banks, start at about \$32,000.

"It is my dream job; it is what I love to do," Bonspiel told me. Bonspiel could doubtless make better money doing something else. Presumably, one of the Daily Breeze's Pulitzer Prize-winning journalists already is. Rob Kuznia was reportedly having trouble paying rent on his newspaper salary, so he recently took a job in PR.

I don't blame him, but it's certainly a loss for his readers and it underlines just how lucky we all are when people like Bonspiel choose to keep making a difference over making a decent buck.

the big question

Can math save the honeybees?

Young bees who leave stressed hives too early are dying in the field — which in turn causes the whole colony to collapse, according to researchers at Western University. Grad student Matthew Betti and his team used a game-changing mathematical model to show the chain-reaction effect when a colony is threatened (by pesticides, pests, infections or parasites) and forager bees are sent out for food before they reach maturity at 14 days. When they don't return, the hive dies. Now, when beekeepers see younger bees leaving, they can test for disease or transfer healthy bees to a new hive. The results might also save us humans — forager bees pollinate plants that are responsible for \$13 billion in agriculture worldwide each year.

Earth Day — when better to ask for changes at work?

THE SCIENCE

Stephanie Orford



Office garbage-can culture has got to go.

Most Canadians wouldn't dream of throwing a pop bottle or newspaper into a garbage can on the street — but too many do it at the office.

Office buildings in Canada seem to be the last stronghold of garbage-can culture. My friends and colleagues from across Canada describe workplaces that won't recycle cans, glass or plastic; some even empty the recycling boxes into the garbage.

Today, on Earth Day's 45th anniversary, much of the conversation will surround big issues such as climate change. But it's important to remember the cumulative impact of seemingly little things, like trashing a pop can.

Of course there are stellar businesses out there who take a lead in environmental sustainability, but why do so many Canadian office buildings have dubious or nonexistent recycling practices?

Although Canadian provincial and municipal governments have or are developing progressive environmental policies, office buildings remain relatively unregulated.

"By and large, municipalities aren't in the business of managing private-sector waste," explains Maria Kelleher, principal of Kelleher Environmental, a consulting firm based in Toronto.

"That's up to the big waste-management companies, and they provide whatever services the building owner asks them for."

Governments can offer incentives to encourage recycling. "In Toronto, where I live, the city picks up from about 14,000 commercial businesses

(mostly small retail stores) on main streets. They can set out as much recycling as they want at no charge; they get green bin pickup for free."

Because the city charges for garbage pickup, she points out, there's more motivation to use the recycling and green bins.

Getting office buildings to recycle isn't as simple as imposing municipal regulations, says Kelleher, explaining that recycling bylaws depend partly on whether the municipality owns the landfill and other logistical factors.

Office-building recycling is hard to enforce, Kelleher explains. "In Ontario we have over 400,000 businesses. You'd have to go out to each of their sites to see if they're doing what they're supposed to be."

Municipal governments such as Toronto's now require new buildings to have design features that make recycling easy. But many older build-

ings can't accommodate it.

"What do you do if you're on the 24th floor and you're trying to gather up your newspapers and cans and bottles? It's just not that convenient," says Kelleher. Old buildings often don't have space. There's room for one bin in the basement, not four.

So what can we do to help Canadian office buildings get with the recycling program?

"It all comes down to the building owner or manager," Kelleher says. If recycling isn't happening at your office, chances are your building manager doesn't understand how important it is to you.

Speak up and tell your office or building manager you want a better recycling program. You won't get what you don't ask for.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

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Writer's latest about 'me, me, me'

TONI MORRISON

Novel written like a modern fairy tale

Toni Morrison has written 11 novels and won all the great prizes, but found herself struggling with her new book, *God Help the Child*.

Much of her work, from *Beloved* to *Jazz*, has been set in the distant past. But she placed *God Help the Child* in a time so close, the present, she wasn't sure at first how to define it.

"It's very self-referential. One of the major things that is going on is 'Me. Me. Me. me. Look at me. Look at my picture. Look at my novel. I write about myself. Look at my story,'" she said during a recent interview at her downtown Manhattan apartment. "Don't get me wrong. Some of it is very good. But it's not an invention of something you don't know. It's about yourself."

There are no stand-ins for Morrison in her novel, no one who lives even remotely like the world famous, 84-year-old Nobel laureate. She has instead written a modern fairy tale, with one-name characters, magical traits and transformations and questions about race and love and how to lift the curse of self-involvement.

Bride, a blue-black woman so dark that her light-skinned mother, Sweetness, is frightened of her, is a cosmetics entrepreneur haunted by a terrible misdeed from childhood: With her mother's en-



While Toni Morrison's latest effort is self-referential, in general she encourages writers to stretch the imagination and write about something that they don't understand. GETTY IMAGES

couragement, she wrongfully accused a schoolteacher of sexually abusing her. Meanwhile, Bride's errant lover, Booker, has never recovered from the murder of his brother at the hands of a trusted adult, the presumed "nicest man in the world."

Bride and Booker cannot escape their troubles, or themselves. Booker is too traumatized to sustain a long-term relationship, while Bride is so crippled by doubt and self-loathing her breasts disappear.

"Memory is the worst thing about healing," Bride observes.

Morrison believes her job as a writer is to upend conventional thinking, whether about race (a social construct, she calls it), or happiness. Romantic love or professional fulfilment is the ideal resolution for most stories; Morrison favours the "acquisition of knowledge." Sweetness, for instance, has been an irresponsible mother, but at least she can acknowledge it.

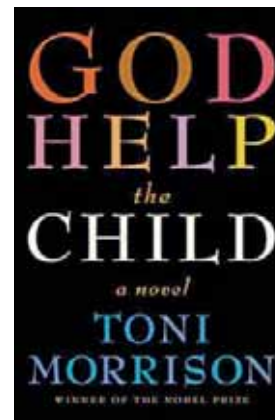
Born in Lorain, Ohio, in

1931, Morrison has been a compulsive reader since childhood. She taught for several years at her alma mater, Howard University, before joining Random House in the mid-1960s as an editor when she was virtually the only black woman in the industry — a percentage that has hardly budged over the decades. She was also a single mother who worked in her spare time on what became her debut novel, *The Bluest Eye*, released in 1970.

Over the next 20 years, she

rose to the very top of the literary world, winning a National Book Critics Circle for the 1977 novel *Song of Solomon*, a Pulitzer Prize in 1988 for *Beloved* and the Nobel in 1993. One of her secrets, she says, is her "invisible ink," the ability to convey a message without preaching, like withholding her characters' skin colour in *Paradise*.

Only by freeing herself from the "white gaze," the "little critic that sits on your shoulder," could the invisible



ink flow.

"There was this language and this culture and these people, and I could speak to them in the same way Tolstoy wrote about Russians," she says. "I've always thought this is not cutting out the white reader. This is just being the writer who can focus on this culture and these people and make everything in it relevant to anyone."

Writing is Morrison's path to outside of herself, but it's undertaken alone, in her imagination: The Civil War era in *Beloved*, the 1920s in *Jazz*, colonial times in *A Mercy*. A professor emerita at Princeton University, she remembers telling her creative writing students, "I don't want to hear about your little lives. You don't know nothing." Instead, she would assign them stories about other times, other people.

THE ASSOCIATED PRESS

Being all over the place can be a good thing.



Sweet! Making cocktail bitters is easy

SPIRITS

DIY infusions let you choose the flavours

Feeling bitter? Get in line. These days anyone who takes their drinking seriously is getting intimate with bitters.

Fuelled largely by the hard liquor and artisanal cocktail booms, bitters — those astringent, potent flavour enhancers added by the drop to cocktails — have become a big business.

Ten years ago you'd have been challenged to find much beyond those ubiquitous Angostura and Peychaud's bitters. Today, bitters are made with everything from celery and rhubarb to Mexican chocolate and Colonial-era spice blends.

Yet even with this delicious abundance, it's OK to want more. The good news is that custom bitters are easy to crank out in your own kitchen.

But first, a bitter primer. Bitters often are described as the salt of the cocktail world. A drop added to a drink — and sometimes food — doesn't just add flavour, it heightens, highlights and ties together all the other ingredients, as well. Most bitters are made by distilling herbs, seeds, roots and other ingredients. The result is a thin liquid with — Surprise! — a bitter or bittersweet taste and a robust aroma.

Custom bitters are easy to crank out in your own kitchen. Here are two techniques, one that works in about 30 minutes, another that takes a few days. It really just depends on how much time you've got.

THE ASSOCIATED PRESS



1 Ingredients

As the name suggests, at least one of your ingredients should have a bitter (or astringent) flavour. Citrus peel is ideal for this. I generally use just the thin zest layer of the peel from oranges or limes, though I once used whole kumquats. You also could use rhubarb, cranberries, fresh basil or mint. Whole produce, such as kumquats, should be scored with a knife.

Next, pick something sweet. Usually, some sort of fruit is helpful here, such as lemon or lime slices, cherries, apples, berries or mango. Anything large should be chopped.

Now, grab something spicy. Cinnamon, star anise, black peppercorns, cumin and nutmeg

are all delicious. If you like a little heat, consider adding a hot pepper.

The important thing is to select flavours and ingredients that you like and that you think will work together. It also helps if you have a cocktail or spirit in mind when making your bitters. I'm a fan of the classic old fashioned made with bourbon. I don't add much sugar to my drink, but I do like sweetly fruity bitters, so I often go with flavours such as cranberry-orange-cinnamon. Sometimes I add a vanilla bean.

Finally, you need vodka. You will be using all of these ingredients to infuse the vodka, which ultimately will become the bitters. Don't go top shelf for the vodka; just grab a jug of the cheap stuff.

2 Slow method

Place your infusion ingredients — the bitter, sweet and spicy ingredients you've chosen — in a glass quart jar with a tight-fitting lid. How much? Depends. For citrus, use the full zest of 3 to 4 pieces of fruit. For cranberries, rhubarb or herbs, use about 2 cups. The good news is that it's really hard to use too much, so when in doubt, add more. Remember, the finished product will only be used a few drops at a time.

Once your ingredients are in the jar, lightly mash them with a wooden spoon, then add enough vodka to fill it. Screw on the lid, shake, then walk away. Whenever you think of it during the next three or four days, give it a shake. After the infusion has sat for that time, strain it, squeezing the solids to get as much liquid as possible. Discard the solids.

Place the infused vodka in a small saucepan and simmer until reduced by half. Let it cool, then bottle it and refrigerate. Done. Use a few drops in your next cocktail. The bitters will keep in the refrigerator for a month.



3 Fast method

Ready for fun with science? This is where we get to use the boiling point of alcohol — a low 176 F — to our advantage.

First, heat a large pot of water to 176 F. Use a candy thermometer hooked to the side of the pot to monitor this. Now dump all of the ingredients outlined in the slow method above into a heat-safe plastic bag (the bags used by vacuum sealers are a good choice), pressing out as much air as possible. Submerge the bag in the warm water. In a few minutes (depending on the temperature of your ingredients), you'll see the vodka in the bag bubbling gently. Let it do that for about 10 minutes. Remove the bag from the water and let it cool for another 15 or so minutes. Strain and reduce as described in the slow method. Done. Almost instant cocktail bitters. The bitters will keep in the refrigerator for a month.



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Pouring maple syrup on your flapjacks is one thing. Drinking the stuff is a whole different story.

While whisky purists may turn up their noses, the popularity of infused brown spirits is creating more buzz than how old Harrison Ford looks in the latest Star Wars trailer.

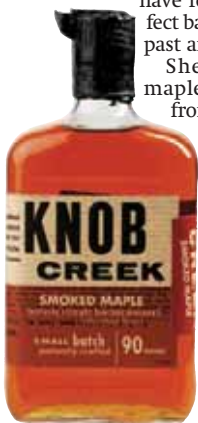
Granted, Scotch whisky enthusiasts have less to worry about. The pedigree and personality of their tippie of choice doesn't typically lend itself to manipulation.

All other whiskeys, especially the lighter Canadian and more rambunctious American versions, are fair game for flavouring.

Though many can come across as overbearing, Knob Creek's Smoked Maple Bourbon (\$43.49 – \$45.99) seems to have found that perfect balance between past and present.

She smells like maple, but the up-front smoke massages it just enough so that in the mouth she stays true to her origins.

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Eva Kis
Metro | New York

The Mexican food that Dos Caminos chef Ivy Stark saw on a recent trip south of the U.S. border didn't feature many of the ingredients we expect.

"I want to dispel the myth that melted cheese and sour cream are authentic Mexican

food," she says.

Cheese, in fact, is a rarity. Another missing "staple" on every menu here: quesadillas as we know them.

What you do get is cuisine rich with vegetables, which are cheaper than meat. Sauces are made with roasted veggies, spices and sometimes nuts.

After her trip, Stark created a whole new, healthier menu for her restaurants, and shared with us the tips on how you can capture authentic flavors in dishes.

Stark revamped her guacamole for the new menu, flavouring it a smoky depth of flavour with roasted jalapeno peppers. "Roasting is a really good tech-

nique because it concentrates the flavour," she says.

Replacing flour tortillas with corn saves calories, makes the dish gluten-free and cuts out any potential hydrogenated oil. Cook it on a griddle to crisp it up instead of frying it.

Charring can cause carcinogens to form on meat and fish, but you can still grill vegetables like corn and asparagus. "Grilling is also a really good technique, especially if you're looking to not use any fat," she says. "It's really delicious for corn, squash — everything tastes good on the grill because you get that smokiness against the sweetness of the vegetables. And it's easy!"

WORD OF MOUTH

Pomegranates and dates a power couple

NUTRI-BITES

Theresa Albert

myfriendinfood.com



Remember when food combining was a big thing? The mostly debunked theory was that you can only digest one macronutrient at a time.

New evidence shows that combining specific foods enhances their powers. In one study, the combination of pomegranate and dates had a potent cholesterol lowering effect. Go figure, nature may know something.

Here are some tips on working these artery cleaners into your day:

- To peel a pomegranate, cut in half and immerse into a bowl of cool water. The fibres will fall away and the seeds will float.

- Dates are a fresh fruit that dry on the tree so they should be stored in the fridge.

- Top a Greek salad with a handful of both.

- Make a martini with pomegranate juice rimmed with date sugar.

- In a blender, combine 1 cup of pitted dates, ½ cup of pomegranate juice and a tsp of cinnamon. Store in the freezer and enjoy 1 tsp before or dur-

ing vigorous exercise to refuel

- Think savoury dishes. Pomegranate is a good alternative liquid when red wine is called for in a recipe.

- Dates are great in pilafs and rice dishes paired with nuts.

What grows together, goes together is a culinary concept that will help you combine foods for flavour and, over time, science may just confirm the adage. THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO WANTS YOU TO BE IN THE KNOW.



Dates pack a healthy punch when paired with pomegranate, shown at right.

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TV NEWS

Skinner joining Mulder and Scully on new X-Files

Veteran X-Files actor Mitch Pileggi is slated to return for the upcoming Fox event series, according to a tweet from the actor late Monday night.

Pileggi, who played FBI boss Walter Skinner, appeared in more than 80 episodes of the original series, and both feature films. Shooting is due to start this summer but further details have yet to be announced.

AFP



Mitch Pileggi as Walter Skinner. CONTRIBUTED

RuPaul does Good Work

INTERVIEW

The drag world's queen dishes on show, plastic surgery



Ned Ehrbar

RuPaul has never been one to shy away from a tough topic, and now is no different. The reigning queen of the drag world — already busy hosting Drag Race on Logo and judging Skin Wars on GSN — has yet another show on the air now: Good Work, an E! series that tackles plastic surgery with the help of Dr. Terry Dubrow (Botched) and Sandra Vergara (as in Sofia's sister).

With what you've seen so far on Good Work, how has it changed your own opinions or perceptions about plastic surgery?

It's actually enhanced my love of plastic surgery. I've

always been obsessed with transformation, with the idea of creating your own persona, with the idea of becoming the creation of your own imagination.

It's the most powerful thing you can do. And whatever you want to do, whatever your imagination leads to, I have no judgment on it. I'm like, thumbs up to anybody who's going to take matters into their own hands. But of course, you have to be informed, and most people are not informed.

That's why we've created this dialogue on the show, and hopefully it will create a dialogue for people around the world who see this show.

What did you think of the recent passing of plastic surgeon Dr. Fredric Brandt (one of the early adopters of Botox, with many celebrity clients, Brandt committed suicide earlier this month.)

When most people uncover life's cruel hoax, which is that none of this is real

— and most people cannot hear that — by the way, but I'm going to say it out loud: none of this is real. When beautiful, light, gorgeous souls understand that, it's very disheartening. And I've got to tell you, that is an option.

Nobody wants to hear it and nobody will say it out loud, but I will. You can always hit the eject button. No judgment. Especially if you are a sweet, sweet, sensitive soul, it becomes too much. This world is completely f—ed up if you take it at face value, if you take it seriously. It's completely bonkers.

You need



friends around you to say, "Remember, this is just a dream. It's a joke, don't take it too seriously." So God bless him. But in our culture, there is such a taboo around what he did, but you know what? It's an option. It is an option with the bulls— that you have to put up with.

Is this show going to have kind of special language that Drag Race has developed?

Well, we are gay, so we have a special lingo for everything. Here's the thing, for gay people who have looked through the looking glass and seen the other side — you have to lighten everything up. People who have discovered life's twisted hoax find refuge in the irreverent and in the kooky and in the twist of a phrase. You twist a phrase the right way and my nipples get hard.

RuPaul's newest show is Good Work, an E! series that tackles plastic surgery.

GETTY IMAGES

PAUL BRANDT DEAN BRODY

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AMC tries to find God with Preacher

DARK COMEDY

Seth Rogen, Evan Goldberg to produce comic adaptation

AMC, the network that brought us *Mad Men*, *Breaking Bad* and *The Walking Dead* is developing *Preacher*, a series adapted from the 1990s comic book series.

Poised to be irreverent and violent, the project is headed up by two big Canadian names in Hollywood comedy: Seth Rogen and Evan Goldberg and it will launch in 2016.

As *Mad Men* prepares to take its final bow, AMC is prepping

the drama that will take its place next year.

Leaving behind the sophisticated world of the New York ad execs, the network is developing a grittier project closer in tone to its current hit drama *The Walking Dead*.

Published between 1995 and 2000, the original *Preacher* comic series follows a small town Texas preacher whose entire congregation is killed in a strange supernatural incident during which he gains mysterious powers, including the ability to bend anyone to his will simply through his voice.

To find answers and search for God, who has left heaven after the incident, the preacher sets out on a cross-country journey.

Written by Garth Ennis and illustrated by Steve Dillon, the comic books are known for their black humour.

Called offbeat and irreverent by some, blasphemous and vulgar by others, *Preacher* has earned cult status in the supernatural fantasy comics genre, and it was even a source of inspiration for Stephen King's *The Dark Tower*.

To head up its new TV adaptation, AMC has tapped the

Canadian writing and producing duo best known for their comedy films including *Superbad*, *Pineapple Express*, *The Green Hornet*, *This Is the End* and *The Interview*.

To star in the series, Rogen and Goldberg have recruited Dominic Cooper, the actor who plays Iron Man's father Howard Stark in Marvel's TV and film franchises.

The British actor will play Jesse Custer, the alcoholic

preacher who takes to the open road with his ex-girlfriend Tulip (Ruth Negga) and an Irish vampire named Cassidy (Joseph Gilgun).

Before being developed as a TV series, *Preacher* almost made it to the big screen. Columbia Pictures was pursuing a film adaptation in 2008 with Sam Mendes attached to direct initially, followed by Darren Aronofsky.

AFP

+ NEW CHARACTERS

Other talent tapped

Preacher will also introduce two new characters not featured in the original comic: Vyla Quinncannon, to be played by Weeds alumna Elizabeth Perkins, and Emily Woodrow, to be played by Lucy Griffiths.

AFP



Dominic Cooper is playing the titular character in the new AMC series *Preacher*. AFP FILE PHOTO

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TOP SIX @ 6

Weeknights at 6 Hannah counts down the HOTTEST songs of the day

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6 Shawn Mendes: Something Big

5 Wiz Khalifa ft Charlie Puth: See You Again

4 Ellie Goulding: Love Me Like You Do

3 Calvin Harris ft Ellie Goulding: Outside

2 Ed Sheeran: Thinking Out Loud

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GOSSIP NOTES

Zayn already bored of post-1D 'regular' life

Having realized that the life of regular 22-year-olds sucks — hello, student debt — Zayn Malik has decided to pursue other ventures. Namely, the former One Direction member recently met with director Gurinder Chadha (Bend It Like Beckham).

Chadha told Britain's Daily Mirror that Malik, who trained as an actor before joining the biggest boy band on the planet, is "staying true to his heart" by turning his attention to screen roles. Chadha is working on a Bollywood musical adaptation of her hit soccer film. METRO U.S.

Bobbi Kristina not better, says grandmother

There's some conflict among the Brown-Houston family about the condition of Whitney Houston's daughter, Bobbi Kristina. Bobby Brown told attendees at a Saturday concert she was awake from a medically induced coma after being found face-down in a bathtub in January.

But her grandmother, Cissy Houston, said yesterday that "according to the doctors she has global and irreversible brain damage and remains unresponsive." She was also told that Bobbi Kristina, 22, could remain so for the rest of her life. METRO U.S.

Miley, Patrick bid a mutual 'Hasta la vista!'

Did it seem like Miley Cyrus and



Zayn Malik GETTY IMAGES

Patrick Schwarzenegger were ever really into their relationship? Between the lunches with exes (both), the Cabo San Lucas spring break spent canoodling with his buddy's girlfriend, and Miley busy doing construction or whatever, it sure seemed like the answer was no.

And now E! is reporting that Cyrus, 22, and Schwarzenegger, 21, are taking a break. Yeah, we can't make this sound interesting. They're not even properly broken up. METRO U.S.

Rumoured S.H.I.E.L.D. spinoff taps Palicki, Blood

Adrianne Palicki and Nick Blood are finalizing deals to headline in the rumoured Agents of S.H.I.E.L.D.

spinoff from Marvel and ABC, says Deadline.

Palicki and Blood both joined the ABC series in Season 2, with Palicki playing Bobbi Morse — or Mockingbird — and British actor Blood portraying her former husband and mercenary, Lance Hunter. AFP



Adrianne Palicki GETTY IMAGES

Netflix goes home again with Full House revival

TELEVISION

The Tanner clan is back in yet another series do-over

As TV networks plunder recycling bin for old shows to revive, Full House must have been at the bottom of the barrel.

Or so it would seem to those gobsmacked by news that Netflix is resuscitating the 1987-95 ABC sitcom — which, even for fans, is tenderly remembered as ephemeral fluff — for 13 new episodes revisiting the Tanners of San Francisco and retitled Fuller House.

As the Full House theme song posed jauntily, "Whatever happened to predictability — the milkman, the paperboy, evening TV?"

These days, "evening TV" is gloriously unpredictable in many quarters (Louie, Game of Thrones, Mad Men and Netflix's own Orange Is the New Black, to name a bare handful).

But at the same time, television programmers are heeding the echo chamber's siren call, breathing new life (or trying) into old TV concepts refashioned as new.

Two years ago, Netflix revived the offbeat comedy Arrested Development, which Fox had cancelled eight years earlier.

CBS is in its fifth season of the updated Hawaii Five-O, whose original CBS version left the air in 1980. Last fall, TNT cancelled



To quote D.J., oh, Mylanta! Full House is returning with 13 new episodes on Netflix. HANDOUT

Dallas after three seasons — and two decades after the original Dallas ended a 14-season run on CBS.

Let's not forget The Odd Couple, which premiered in February on CBS. Starring Matthew Perry and Thomas Lennon as the mismatched flatmates, it is based on the 1968 film, which was based on the 1965 Broadway comedy, which inspired the long-running 1970 ABC sitcom (starring Jack Klugman and Tony Randall) as well as the 1982 ABC flop featuring an African-American odd couple (played by Demond Wilson and Ron Glass).

And now let's look ahead:

- A reboot of the 1990-91 ABC thriller Twin Peaks, set for 2016, was announced last fall by Showtime with co-creators David Lynch and Mark Frost back on board for a new round of eeriness. Earlier this month, Lynch said he was exiting the project, but Showtime expressed hopes of salvaging the series with both principals participating.

- NBC is game for a new round of the 1989-97 sitcom Coach. The network ordered 13 episodes of what it is pointedly calling a "sequel," not a revival or, um, ripoff of the ABC original, with Craig T. Nelson again star-

ring as Hayden Fox, former head coach of a college football team and now assistant coach to his grown son, who's the new head coach at an Ivy League school.

- MTV2 announced last week that it has ordered a pilot for the resurrection of Celebrity Death Match, the ultimate-fighting spoof that pits animated effigies of stars against each other. The series originally aired on MTV from 1998 to 2002, then returned to MTV2 in 2005 for two more seasons, with such puppet faceoffs as Ice Cube vs. Ice-T and Hillary Rodham Clinton vs. Monica Lewinsky.

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LEGALLY UNCOUPLING

Paltrow, Martin finalize divorce

Gwyneth Paltrow and Chris Martin are officially uncoupling after the actress filed for divorce.

Paltrow cited irreconcilable differences for the breakup of her marriage to Martin after more than 11 years.

In her filing Monday, the actress writes that the couple separated in May 2013.

Paltrow and the Coldplay frontman were married in December 2003 and have two children together. Paltrow is seeking joint custody.

In March 2014, the pair announced they were separating and undergoing a process called "conscious uncoupling."

The announcement on Paltrow's lifestyle website, Goop, drew attention to the term. It was coined by Los Angeles therapist and author Katherine



Gwyneth Paltrow and Chris Martin married in 2003. GETTY IMAGES

Woodward Thomas, who has created a five-step "Conscious Uncoupling" process online.

Paltrow won an Oscar for her

role in Shakespeare in Love. Martin and his band have won six Grammy Awards.

THE ASSOCIATED PRESS



2015 Nissan Micra suits city best



REVIEW

Least costly car in Canada doesn't feel that way

Jil McIntosh
For Metro

While price isn't always everything, it's the way Nissan markets its new Micra: with a starting price tag of \$9,998, it's the least expensive car in Canada. While it isn't costly, the Micra doesn't feel cheap, and for many drivers, it could be an excellent city runabout or second car.

That rock-bottom price gets you the base Micra S trim line, with a five-speed manual transmission and no air conditioning.

To get air conditioning, you also have to take a four-speed automatic transmission and cruise control, which brings the price up to \$13,298. Even so, it's still less expensive than any of its subcompact-car competitors when they're also equipped with cold air.

At the top end of the scale, the Micra goes as high as \$16,748 for the SR trim with an optional automatic transmission.

Now, you're not getting all

the luxury goodies for \$10,000, and at that level, you'll have to crank up the windows by hand, adjust the manual mirrors using a little joystick on each window frame, and unlock the doors with the key.

You do get a tilt steering column, CD stereo with auxiliary input jack, carpeted floor mats, a 12-volt power outlet, digital clock, and a split-folding rear seat.

Although the Micra's 1.6-litre four-cylinder engine makes just 109 horsepower, this is a surprisingly fun little car to pilot. It feels quick and peppy, the shifter is smooth, it responds immediately to steering input, and it drives better than many cars that cost considerably more.

Now, for all that, it isn't that great a car to drive on the highway. It's noisy and the seats don't stay comfortable for very long, and with my seating position, I found that my leg quickly got cramped on the throttle, since I didn't have the luxury of cruise control.

I'm more than willing to forgive it, however, since the Micra isn't meant to be a highway hauler.

Instead, it's an inexpensive machine that's sized and built for the city, and that feels and works better than its price.

If you don't need frills to be happy, take this one for a drive.

“This is a surprisingly fun little car to pilot”

Jil McIntosh

THE CHECKLIST 2015 NISSAN MICRA

THE BASICS

Type. Four-door, five-passenger subcompact hatchback
Engine (hp/torque). 1.6-litre four-cylinder (109)

Transmissions.

Five-speed manual or four-speed automatic

Price. \$9,998 (as tested) plus destination

POINTS

- The Micra is sold in several countries, but not the U.S.
- A special “Krom” trim line adds chrome trim and available black wheels.
- Cars at this year's Micra Cup racing series in Quebec have modified suspensions and performance tires, but use stock 1.6-litre engines.



COOL FEATURES

- Keyless entry.
- Tilt steering wheel.
- Bluetooth and USB port.
- Available rearview camera.
- 60/40 split-folding rear seat.
- Standard variable intermittent wipers.
- Speed-sensitive stereo volume control.

MARKET POSITION

- Nissan isn't just trying to get customers out of new-car competitors, but used ones, as well. The Micra is priced similarly to many pre-owned vehicles, but includes a factory warranty and may be easier for some buyers to finance.

THE COMPETITION



Mitsubishi Mirage
Base price: \$12,498



Chevrolet Spark
Base price: \$12,145



Toyota Yaris
Base price: \$16,015

GEAR

Type of sunglasses matter when it comes to driving

AUTO PILOT

Mike Goetz



Now I know ZZ Top wants you to go out and get some cheap sunglasses, but don't do it! Especially if you plan on using them for driving.

Driving presents a set of vision challenges not met by all sunglasses, particularly by cheap ones, and particularly by those darker-than-dark shades that the Texas rockers wore on stage, and

during MTV videos, throughout the 1980s.

You want a lighter tint to your driving shades, say the experts. Sunglass tint density is rated on a class scale of 0-4, with Class 0 being absolutely clear, and Class 4 being more or less black paint. Each of the classes allow different percentages of light to enter your eyes, and the darker ones just won't let you see well enough behind the wheel.

And remember that UV protection, which you want and need, is not related to tint. Cheap sunglasses can be low on UV protec-

tion; might as well go with 98-100 per cent UV protection, which is available on even moderately priced glasses.

The experts also say that drivers should stay away from certain tint colours, specifically pink, blue and green (unless they are especially designed for driving, and have a “safe for driving” label). These tints don't allow you to distinguish red as easily, and as you know, red is extremely important for driving — almost as important as green.

Sunglasses that are precisely designed for driving typically

have an amber or brown tint, which are good at creating greater contrast, because they eliminate blue tones. Our eyes aren't crazy about blue tones.

Our eyes don't like light overdose either, which is basically “glare.” Sunglasses can come with or without “polarizing,” which eliminates glare. Go for polarized glasses, because drivers are subjected to lots of incidences of glare, when the light bounces off the metal of other cars, and off the snow and water on and by the road.

More advice from the experts:

don't get wide or oversized frames as they hinder peripheral vision; wraparound frames prevent glare from entering your eyes from the side; variable tint sunglasses won't work properly in a car, because the windshield already blocks 40 per cent of UV light, and that will delay or restrict the automatic tinting; graduated lens that are lighter on the bottom make it easier for drivers to see their dash instruments and controls.

Of course you can be assured of getting all the attributes we discussed by going with pair of

sunglasses designed expressly for driving. Oakley, Maui Jim, and Serengeti are three makes known for their high-end driving sunglasses.

I can only speak for Serengeti, which I find to be fabulous. In fact I'm on my fifth pair. I keep losing them. They're not cheap, so I'm determined not to lose another.

I now have this foolproof plan: I don't wear them. I keep them in their case, on a bookshelf, in my office. Sure, I don't use them as intended, but I always know where they are.

Toyota's hydrogen car already a hit

ENGINES

Ford hits 5m Eco builds

Ford recently built its five millionth EcoBoost gasoline engine since the line launched in 2009. The engines, Ford said, were in one of every four of its vehicles sold in Europe last year, with the most popular unit being the 1.0-litre three-cylinder version. The five millionth vehicle was a 1.0-litre Ford Focus that rolled off the assembly line at the Michigan Assembly Plant in Wayne, Mich.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



PRODUCTION

1,500 orders in first month

Just months after the Mirai hydrogen car's debut, Toyota says it will more than triple production of the ultra high-tech sedan.

However, production will increase to only about 3,000 units in 2017 from current levels of about 700 a year. Toyota revealed the expansion in light of the 1,500 orders received in the first month of Mirai sales in Japan, and launches planned this year in the United States and Europe.

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DESIGN

New NSX shows touches of tech

Acura says it will begin taking orders this summer for its new-generation NSX hybrid supercar, with deliveries expected to begin later in the year.

Built exclusively in the United States at a dedicated facility in Marysville, Ohio, the sleekly styled NSX will sport a twin turbocharged V6 engine with a nine-speed paddle-shift transmission and three electric motors, all within a rigid, lightweight multi-material body.

The exterior body design has been fashioned for "total air-flow management" for both stability-enhancing downforce and vehicle systems cooling. Anchored by a carbon-fibre floor, the body uses a space frame design, an internal frame constructed of aluminum, ultra-high strength steel and other advanced materials that give it both high strength and weight savings.

SALES

California may cut e-cars tax

California's Legislature is considering a bill that would cut the sales tax on environmentally benign vehicles sold there by more than half, the Los Angeles Times reported.

The proposed bill calls for reducing the sales tax on battery-electric cars, plug-in hybrids and hydrogen fuel-cell vehicles to 3.06 per cent from the current level of 7.5 per cent.

The bill's author, Democrat Assemblyman Phil Ting, said funds collected under California's cap-and-trade program could make up for the revenue shortfall that would result from the tax cuts. California is said to be the most e-car friendly state in the union.

+ IMPROVEMENT

New vehicles more efficient than ever: EPA

Automakers exceeded U.S. government targets for improving fuel economy and reducing tailpipe emissions by "a wide margin" for the second consecutive year, the Environmental Protection Agency said.

Vehicles sold in the U.S. are the most fuel efficient they've ever been, averaging 39 kilometres per U.S. gallon in 2013, a 0.5 mpg increase from the previous model year, the government agency said. The improvements show momentum automakers have achieved in reducing the weight of their vehicles and introducing fuel-saving technologies.

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+ AUTO NEWS OPEL UNVEILS ADAM ROCKS S



The Opel Adam Rocks S. GM COMPANY

A sportier version of brand's crossover

At AutoRAI in Amsterdam, German brand Opel has unveiled the latest addition to its Adam range, a mini-crossover with 150 horsepower. Opel has yet to announce pricing and availability details.

The new Adam Rocks S is powered by the same 1.4-litre, 150-horsepower turbocharged engine as the Adam S, launched in March,

so its performance stats are similar (210 km/h top speed and 0 to 100 km/h acceleration in 8.5 seconds).

In terms of fuel efficiency, Opel says the new model consumes 5.9 litres per 100 kilometres, which is equivalent to CO2 emissions of 139 g/km.

A more off-road style and a built-in multimedia system are among the features that distinguish the Adam Rocks S from its older brother. AFP



China remains a huge market for automakers, despite an economic slowdown. ISTOCK

EXHIBITION

Carmakers race to China show despite slump

China is crucial to foreign carmakers as the world's biggest auto market, but slowing economic growth and a corruption crackdown are denting its appeal as they gather for the country's premier industry show.

The Shanghai auto show — the location alternates with Beijing — opened Monday and runs until April 29.

The show is a chance for global automobile manufacturers to show off their latest offerings to the massive market.

Vehicle sales in China reached 23.49 million last year, well ahead of the United States, which it overtook in 2009.

But annual sales growth halved to 6.9 per cent last year from 13.9 per cent in 2013, according to the China Association of Automobile Manufacturers (CAAM). The slowdown continued in the first three months of this year, when sales rose just 3.9 per cent.

"The reality is, despite lower growth rates ... the numbers in China are still the largest in the world," said London-based principal analyst for IHS Automotive, Namrita Chow.

"It's still a big market for automakers to fight for market share."

World's No. 2 economy

The downturn comes as growth in China, the world's No. 2 economy, is faltering. It expanded by an annual rate of 7.0 per cent in the first quarter, the lowest level since 2009 at the height of the global financial crisis.

At the same time, Chinese cities are slapping limits on the number of vehicles as heavy pollution and traffic-choked roads spark calls for change.

The southern boomtown of Shenzhen became the latest to

impose such measures in December, bringing the total number of cities to at least seven, but carmakers expect more to follow.

A prolonged corruption crackdown and government austerity drive are also hurting the "premium" market (defined by analysts as vehicles costing from \$33,000 to \$197,000) as well as rarefied luxury brands with even higher prices.

"The whole corruption crackdown is affecting premium products," said Chow of IHS. "We're seeing a greater proportion of local brand vehicles being favoured by government and government-affiliated institutions."

The anti-graft drive has also snared auto industry officials including the former top executive of China's third-biggest car company, FAW Group, which has a joint venture with Germany's Volkswagen.

Family image favours SUVs

But foreign companies cannot afford to ignore China's market, particularly as Europe is still struggling to recover from a six-year slump brought on by the global financial crisis.

Rising incomes and a low percentage of car ownership also point to the potential for further sales growth in the world's most populous country.

Chinese consumers are evolving, embracing auto financing instead of cash deals and fostering a growing market for second-hand vehicles instead of buying the newest models.

On exhibit at the auto show will be a range of SUVs (sport utility vehicles), whose image in China as a roomy family car rather than a fuel-guzzling giant helped drive a 48.8 per cent surge year-on-year in the first quarter, according to industry group CAAM. AFP

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Special Delivery: Escape

What test car is Garry Sowerby bringing us this week? We have no clue until it lands in our driveway.

JEFF MELNYCHUK
WHEELBASE MEDIA

Shortly after Garry dropped off the Ford Escape, I posted a picture of it on my Facebook page.

My buddy Chad from Edmonton chimed right in with the usual concern from men about this category of vehicle.

"Don't you find it a bit girly?"

Chad still has the previous Escape, which is squarer and, according to Chad, a heckuva lot more hairy-chested.

It doesn't really matter to him that the current Escape rides and drives better than the previous version — like a sack of hammers, by comparison — nor does it matter that the interior comfort and technology takes actual human beings into account. Nope, Chad is fixated on the new model's apparent lack of a Y chromosome, its "soccer-mom" looks and oh-so-petite size.

Gender appeal

I could argue against that notion all day long, easily, but it doesn't matter. I'm not the one the automakers with entries in this category need to convince. They need to convince Chad, who thinks that in their quest to cater more to women buyers that they may well have forgotten about men. Entirely.

For him, it's either something like an Escape or a 4x4 pickup or full-size sport utility with little else in between other than perhaps a GMC Terrain. The only curves there are the tires.

Me, I'm more of a towny, so I'm cool with the Escape's aptitude for shimmying around snow-narrowed lanes during the winter.

The Escape still holds a hockey team, minus the goalie, and it can be prettied up with enough leather and technology to make you think you're richer than you are.

Under the hood

The \$36,000 "Titanium" test car that Garry delivered is equipped with the top engine option of the three, which is the turbocharged 2.0-litre four-cylinder with 240 horsepower. There's a smaller 1.6-litre turbo engine (178 horsepower), as well as a base 2.5 non-turbo (168 horsepower).

There's a price to pay at the pump if you're a stab-and-steer

LET'S TALK

WOW: Ride and drive and engine pep; all the practical stuff; Sync works; loves gas if your foot loves speed; spaceship-y dash layout; fun powertrain with AWD.



Cargo space can be had in the Ford Escape.

WHEELBASE MEDIA

HMM: It's pretty, but not pretty manly; a bit counterintuitive as some knobs, symbols and functions don't do what you think they do; auto-parallel-park takes more practice/time than actually learning to parallel park.

dummy like me. I'm pretty sure I saw the fuel gauge actually dropping while driving, which had me thinking that someone might have been siphoning it out at red lights. I really wonder about "Eco-boost" and whether a small V6 would be better, smoother and cheaper to run.

In Sync

Otherwise, the Escape has very few knocks, even though the dash is clearly stamped with the warning label "Sync... powered by Microsoft."

The Sync system has been absolutely pulverized in the media over the years with cracks like "you really need to pull over to turn up the stereo volume." (I just made that one up now.)

In this case, the primary functions, such as fan speed, aren't buried in layers of menus to distract you from driving, so other than figuring out how to change the music station, it's pretty easy. So far.

Luckily, I have two weeks to figure this out since Garry is about to drop off another Ford to test. Maybe Chad will think this one is more manly.



The 2015 Ford Escape is a compact SUV. FORD

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Wildcats forward Conor Garland reaches for the puck but is beat by Halifax Mooseheads defenceman Austyn Hardie during Game 7 playoff action Tuesday night at the Moncton Coliseum.

MARC GRANDMAISON FOR METRO

Herd's journey ends in Moncton

QMJHL PLAYOFFS

Mooseheads close season with Game 7 loss to Wildcats



Kristen Lipscombe
Metro | Halifax

It was the Halifax Mooseheads' last stand of 2014-15 Tuesday night at the Moncton Coliseum.

They fell 6-3 to the Moncton Wildcats in the seventh and final game of their quarter-final QMJHL series, closing the chapter on what was an up-and-down, sometimes surprising, and often exciting campaign

for the Herd.

The Wildcats entered the series as favourites, having finished first in the Maritimes Division and second overall in the Q-league during regular-season play, compared to fourth and 12th place for the younger, less experienced Mooseheads.

"We were definitely the underdogs in both series," captain Ryan Falkenham said after Tuesday's disappointing loss.

The Mooseheads also took the first round to seven games, edging the Shawinigan Cataractes 4-3.

"It's not what we wanted," Falkenham said, "but we're happy with our effort."

It took almost a full period for the Cats to open the scoring



We wanted to be hard play against. I don't think one team in those 14 games can say they had an easy night against us.

Mooseheads head coach Dominique Ducharme

Tuesday, but once Russian forward Ivan Barbashev found the back of Halifax's net at 19:20 in the first, the pace had been set in front of 6,215 mostly Moncton fans.

Early in the second, Wildcats forward Cameron Askew let off a shot from the circle to make it 2-0. Herd forward Danny Moynihan answered back, putting the puck in the top shelf at 7:18 in the period.

A rebound from Zack MacEwen and breakaway goal from

Stephen Johnson put Moncton up 4-1 heading into intermission. But Moynihan scored his second after digging away out front during an early third-period power play.

Wildcats forward Dominic Talbot-Tassi added another with a Moncton man-advantage, while Danny's brother Connor Moynihan tipped in one last goal for the Mooseheads just 20 seconds later, making it 5-3 in the game's final minutes.

But there wasn't enough

time left on the clock for Halifax to come back.

Johnson put away the empty-netter for his second goal at 19:07 in the third, sealing Moncton's 6-3 win and berth to semifinals.

"A lot of people doubted us, and through it all we pushed hard," Moynihan said. "We fought to the end."

Timo Meier had three assists, while defenceman Cavan Fitzgerald added two helpers for the Mooseheads. Conor Garland assisted five of six Wildcats goals, while Barbashev and Johnson both had three points.

Halifax Mooseheads head coach Dominique Ducharme agreed his Herd were determined despite adversity, from

+ GAME NOTES

Halifax healthy scratches were defenceman Domenico Argento and forward Jordan King ... blue-liner Sam Hunter and forward Maxime Fortier were still out with upper-body injuries ... Garland, Barbashev and Johnson were named first, second and third stars of the game.

several injuries to a recent flu virus, through 14 playoff games in 26 days.

"We battled every night," Ducharme said. "We can't ask for more than what they gave us."

Wizards put spell on Raps for 2-0 lead

NBA PLAYOFFS

Washington's starting backcourt puts up 54 points

GAME 2 In Toronto

117 106
WIZARDS RAPTORS

Bradley Beal poured in 28 points to lift the Wizards to a 117-106 victory over Toronto on Tuesday, sending the Wizards home with a 2-0 playoff series lead over the struggling Raptors.

John Wall added 26 points and 17 assists.

Lou Williams and DeMar DeRozan led Toronto with 20 points apiece, Williams' coming a day after he earned the NBA's Sixth Man Award. Jonas Valanciunas had 15 points and 10 rebounds and Patrick Patterson finished with 15.

But the Raptors were hamstrung by another horrible night from all-star point guard Kyle Lowry, who finished with just six points and four assists, and sat large chunks of the game in



Raptors forward James Johnson battles for the ball against Wizards guard Bradley Beal in Toronto on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

foul trouble.

On the heels of a dreadful shooting performance in a 93-86 Game 1 loss, the Raptors knew Tuesday that they would be better. Problem was, Washington was as well. Much better.

The Raptors raced out to a 10-point lead and looked strong through the first quarter. But the Wizards roared back, and led 97-75 heading into the fourth quarter in front of a disgruntled crowd at the Air Canada Centre.

There were thousands more unhappy fans outside, who braved the blustery weather to watch the game on the big screen in Maple Leaf Square.

Game 3 is Friday.
THE CANADIAN PRESS

NHL PLAYOFFS

Red Wings take lead with win over Bolts

Petr Mrazek made 22 saves for his first post-season shut-out, and Pavel Datsyuk, Riley Sheahan and Luke Glendening scored for Detroit in a 3-0 victory over the Tampa Bay Lightning on Tuesday night that gave the Red Wings a 2-1 lead in their playoff series.

The 23-year-old Mrazek was coach Mike Babcock's choice to start in this series instead of Jimmy Howard, and the youngster has acquitted himself well in his post-season debut.

He made 44 saves in a 3-2 victory in the opener, and although he was pulled after two periods in a 5-1 loss the following game, Mrazek bounced back nicely at home.

After being outshot badly in the first two games at Tampa Bay, the Red Wings were able



The Red Wings' Darren Helm and Nikita Nesterov of the Lightning battle for the puck Tuesday. GETTY IMAGES

to contain the high-scoring Lightning on Tuesday in a tightly contested matchup. Tampa Bay outshot Detroit 22-21.

Game 4 is Thursday in Detroit. THE ASSOCIATED PRESS

IN BRIEF

Caps tie series with OT win

Nicklas Backstrom scored 11:09 into overtime to lift the Washington Capitals to a 2-1 victory on Tuesday night, and even their first-round playoff series against the New York Islanders at two games apiece. Alex Ovechkin also scored and assisted on the decisive goal. Casey Cizikas scored for the Islanders. Game 5 goes Thursday in Washington. THE ASSOCIATED PRESS

Hawks' Budenholzer named East's top coach

After leading the Atlanta Hawks to the top seed in the Eastern Conference, Mike Budenholzer was named the NBA coach of the year on Tuesday.

Budenholzer, in his second year as a head coach, was honoured after the Hawks went 60-22 during the regular season, the best mark in franchise history. THE ASSOCIATED PRESS

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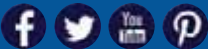
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Prep time: 20 minutes

Cook time: 5 minutes

Ingredients

Serves 6

- 2 Tbsp pesto
- 2 Tbsp light mayonnaise
- 1/3 cup smooth ricotta cheese
- 3 Tbsp light cream cheese, softened
- 1/3 cup crumbled goat cheese (about 1 1/2 oz)
- 1 whole Italian round loaf of bread (about 1 1/4 lb; about 12 inches across)
- 8 oz skinless boneless chicken breasts (about 2 breasts), pounded flat
- 1 roasted red pepper, thinly sliced
- 2 cups shredded romaine lettuce
- 2 medium plum tomatoes, sliced and seeded
- 1/3 cup diced red onion
- 1/3 cup chopped black olives
- pinch of salt and pepper

Directions

1. To make the pesto-cheese sauce: combine the pesto, mayonnaise, ricotta, cream cheese and goat cheese in a food processor and purée until smooth.

2. Cut the loaf of bread in half horizontally and pull out as much of the bread as possible, leaving only the crust.



3. In a nonstick grill pan or skillet lightly coated with cooking spray, cook the chicken breast just until no longer pink, about 5 minutes. Cool, then slice thinly.

4. Spread the pesto-cheese sauce over both the bottom and the top half of the loaf. Layer the bottom half with the chicken, roasted red pepper strips, lettuce, tomatoes, onion, olives, salt and pepper. Top with the top half of the loaf and cut into 6 sandwiches.

Nutritional information per serving (1 sandwich)

- Calories 345
- Protein 17 g
- Carbohydrates 53 g
- Fibre 4.5 g
- Total fat 8.3 g
- Saturated fat 3.7 g
- Cholesterol 20 mg
- Sodium 560 mg

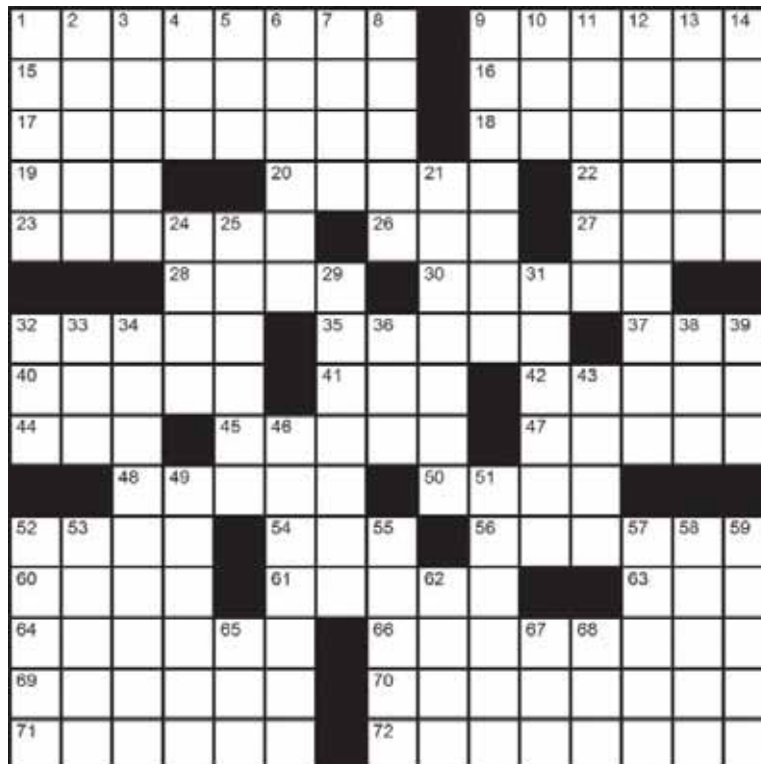
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. April 22nd since 1970: 2 wds.
9. Hip-Hop label: 2 wds.
15. South Africa's administrative capital
16. Like Seth Meyers' show: 2 wds.
17. Dependable/valiant
18. Someone doing repo work
19. Petroleum
20. Complaints
22. Russian ruler
23. Alcoholic drink of Mexico, variably
26. Six: Italian
27. Ms. Perry
28. 'Pseud' suffix
30. Within the law
32. Think something is groovy again
35. Extreme
37. Sporty bike
40. Greenland town with an American airbase
41. ___-for-tat
42. Second 'R' of J.R.R. Tolkien
44. Tom Clancy subs novel
45. Tenor, Helmut ___
47. Joy of Cooking author, ___ Rombauer
48. Sweden's money
50. Whispery word
52. Mythical Hun king
54. Canada Revenue Agency's acronym, in French
56. Hubby's spouse, e.g.: 2 wds.



60. Believability/reputation, briefly
61. Hamilton-born actress Ms. Katic
63. "Am ___ next?" (Performer's query)
64. Delinquent in duty
66. Spring clothing hue: 2 wds.
69. "Forward!", in

- Florence
70. Bryan __, Canadian host on HGTV
71. Overly-feasts
72. Terminus: 2 wds.

DOWN

1. ___ Downs (Horse racecourse in England)

2. Bandleader Mr. Shaw
3. "For ___?" (Are you serious?, slang-style)
4. Sum, shortly
5. What way?
6. In a dullsville manner
7. 'Million' suffix
8. 'Harry Potter' mov-

- ies director David
9. Personnel record
10. Mariner's dir.
11. "My Friend ___" (TV Western of the 1950s)
12. Output for Canadian musician Kirk MacDonald: 2 wds.
13. Bothered: 2 wds.

14. Jolly
21. ___ marker
24. Spring
25. Shakespeare: Measure for Measure antagonist
29. ___ Conservatory (Edmonton's horticulture-attraction-in-pyramids)
31. Gaudy
32. Some CFL linemen [abbr.]
33. Bob & Doug sounds
34. Brian ___ (American stand-up/host/actor)
36. Aglow
38. Justin Timberlake's "Cry ___ River"
39. Clothing sizes, e.g.
43. Single-named Ziegfeld Follies designer
46. Jackie Kennedy's married name in 1968
49. Manitoba: ___ Mountain National Park
51. ___ off (Averted)
52. Behaving like ___ (Grouch's pastime)
53. Famed fountain in Rome
55. "Now it ___ told."
57. ___ Vanilli
58. Cathedral city in northern France
59. Hagar the Horrible's dog
62. Flatbread choice
65. Canonized Mlle.
67. "Bingo."
68. Canuck financial inst.

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

Just because someone seems to know what they are talking about does not mean you have to trust them - especially when it is your money that is on the line. Make sure you know the risks involved before signing up to anything today.

♉ Taurus April 21 - May 21

You will have plenty to say for yourself today and as far as some people are concerned you are saying too much. But that's too bad because you have kept your thoughts to yourself long enough - now you intend to make up for lost time.

♊ Gemini May 22 - June 21

Mercury, your ruler, links nicely with both Mars and Pluto today, so chances are you will be assertive in the extreme. Just be careful you don't create confrontations where none need to exist.

♋ Cancer June 22 - July 23

You have every right to believe what you believe and you must make sure others know that. You must also let them know that you have no intention of changing your viewpoint.

♌ Leo July 24 - Aug. 23

People expect you to be bold and brash, so don't let them down. But don't be too enamoured of your own brilliance or you may put them off. If you want to impress important people you need to get the right balance between ambition and humility.

♍ Virgo Aug. 24 - Sept. 23

You can expect something wonderful to happen today. Most likely news from afar will inspire you to believe that the good days are back at last and it won't be long

before there is even more evidence of that. Start planning your next vacation.

♎ Libra Sept. 24 - Oct. 23

You know exactly what you should be doing, even though you might find it hard to explain to others why you are doing it. But don't let it worry you. Partners and loved ones will soon see there is method in your apparent madness.

♏ Scorpio Oct. 24 - Nov. 22

Put others first today and don't worry if, in doing so, you fall behind in your schedule. Mercury in your opposite sign means you can easily persuade work colleagues to help you catch up later on.

♐ Sagittarius Nov. 23 - Dec. 21

Like it or not you will have to follow the rules today, because if you deviate from what others think is permissible you could

get yourself in a whole load of trouble.

♑ Capricorn Dec. 22 - Jan. 20

The Sun and Mars are all working in your favour at the moment, so decide what it is you most want to accomplish then go all out to make it happen. Affairs of the heart are also well starred.

♒ Aquarius Jan. 21 - Feb. 19

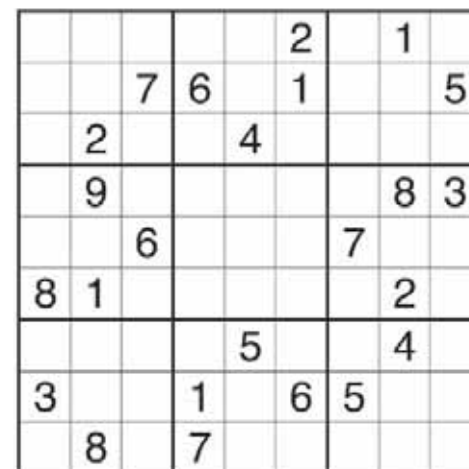
You will have words with a friend today and those words may have to be harsh. The fact is they have stepped over the line and need to be reminded they have obligations that cannot be ignored.

♓ Pisces Feb. 20 - March 20

Make sure your opinions are heard over the next 24 hours, because if you don't speak up you could find that matters you have an interest in move in a direction you don't want them to go.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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- Black/Lt Graystone
- Full Stow N Go

\$139 bi-weekly[^]



2015 JEEP CHEROKEE SPORT

- 2.4 L I4 MultiAir Engine
- 9 Speed Automatic
- Parkview™ Rear Back-up Camera
- UConnect 8.4 AM/FM/BT
- Cold Weather Group

**\$179
bi-weekly[^]**



Contest open to age of majority legal residents of Nova Scotia, New Brunswick, and Prince Edward Island. No purchase necessary, skill-testing question required. Odds depend on number of eligible entries. Fifty-two prizes of \$1000 available to be won. *For full contest rules and regulations, see Dartmouth Dodge 61 Athorpe Drive, Dartmouth, NS. Contest closes May 30, 2015 at 11:59 p.m. PT. ^Plus freight, tax & fees. See dealer for details. OAC.



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